



SAN DIEGO STATE
UNIVERSITY

INTERDISCIPLINARY
MINOR

Food Studies

*Tell me what you eat
and I will tell you
who you are*

Jean-Anthelme Brillat-Savarin



NEW
FALL 2021



Contact

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Food Studies

What is Food Studies?

The interdisciplinary food studies minor promotes the study of food from a systematic, integrative, interdisciplinary, and community-engaged approach.

Food is much more than biological sustenance, it structures our everyday lives, underlies our identities, connects us to the earth and other living beings, impacts our health and wellbeing, and is a major source of innovation and economic growth.

Studying food rigorously and systematically presents opportunities to examine and address a variety of pressing social, ethical, and environmental issues, including climate change, food insecurity, social equity, geopolitical conflict, cultural tension, and sustainability.

Upon completion of the minor, you will be prepared to understand a broad range of global and local food issues within their interconnected social, economic, political, cultural, ecological, and historical contexts.

An Ideal Complement to your Major

As an interdisciplinary program, the Food Studies minor allows you to branch out of your primary discipline (whether you major in humanities, business, or social, health, or environmental sciences) and turn your passion about food into valuable expertise.



▲ Students meeting at Mount Hope Community Garden for a Community-Based Research Class

Why Food Studies?

The food industry is one of the fastest growing sectors of our economy in terms of jobs.

The first of its kind in San Diego, the Food Studies minor prepares you for jobs in the green economy, food and cultural services, and community development within the private, public, and nonprofit sectors. It provides you with critical and analytical skills to develop solutions for a more sustainable and equitable food future — one in which people and communities are able to meet their food needs and lead secure and dignified food-based livelihoods.

▲ Students driving yunta and planting seeds during a field study in Oaxaca, Mexico



▲ Students learning how to prepare plant-based versions of traditional dishes in Oaxaca, Mexico

An Exciting and Flexible Curriculum

The Food Studies minor consists of 21 units, including:

3 units of preparation

9 units of core courses

6 units of electives

3 units of experiential learning such as internship, research, study abroad, service learning, or other hands-on education experience.

The minor is a flexible program. In consultation with your adviser, you will be able to tailor your curriculum to meet your career needs and interests.

Check out the SDSU catalog on our website for additional information.

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